

# *Republic of Panama*



*By: Colby Siegley 10-15-14*



The capital of Panama is Panama City.

The leader of Panama is Juan Carlos Varela.

Panama is under a constitutional democracy.



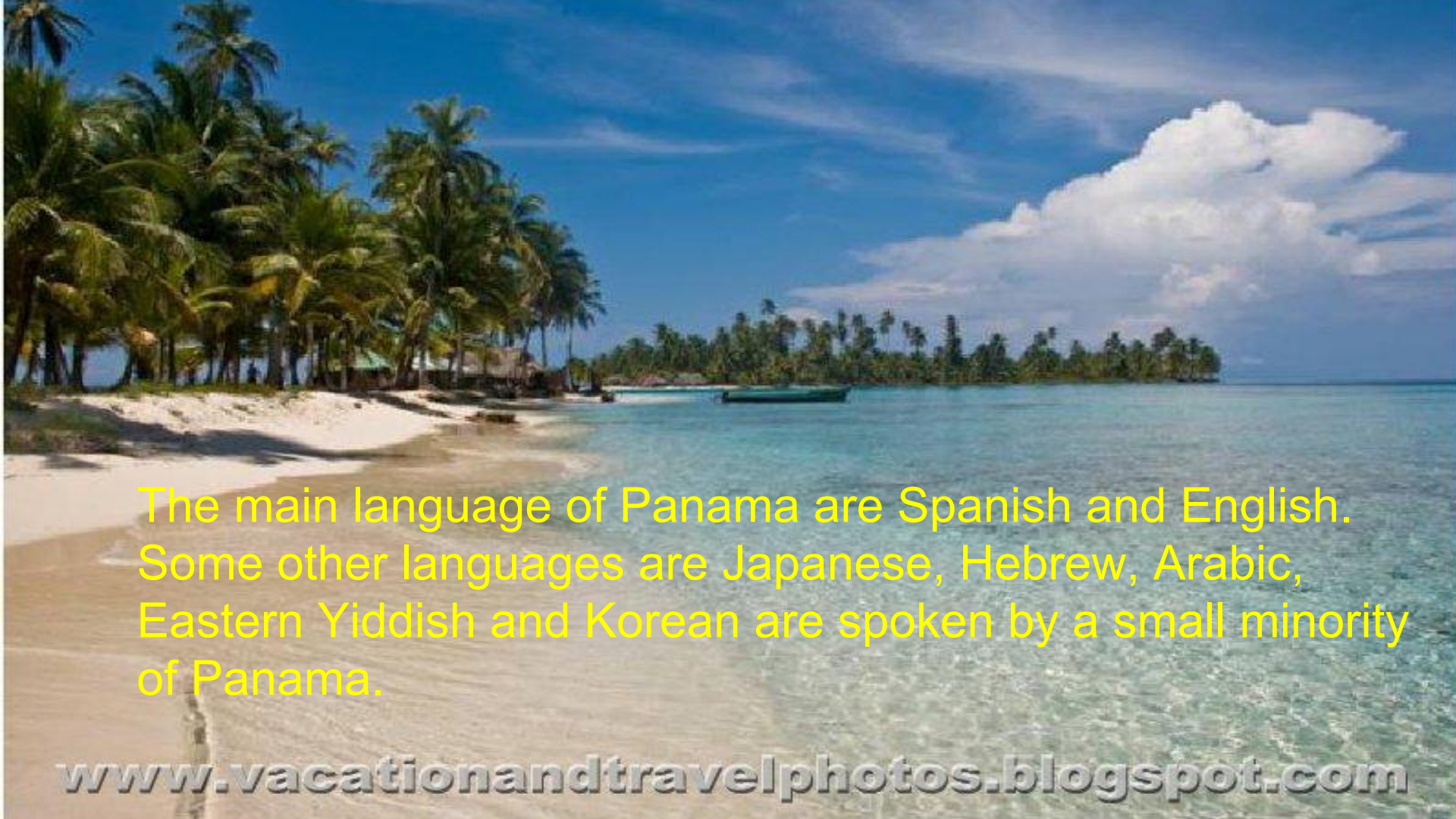




The population of Panama is 3.864 million (2013)

Races of Panama-Amerindian and mestizo: 70%, Indian: 14%, White: 10%, Amerindian: 6%.



A tropical beach scene with palm trees, white sand, and turquoise water under a blue sky with clouds. The foreground shows a sandy beach leading to shallow, clear turquoise water. In the middle ground, a small boat is visible in the water, and a line of palm trees borders the shore. In the background, a small island covered in palm trees is visible under a bright blue sky with a large, fluffy white cloud.

The main language of Panama are Spanish and English. Some other languages are Japanese, Hebrew, Arabic, Eastern Yiddish and Korean are spoken by a small minority of Panama.

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MONEDA FIDUCIARIA DE CURSO LEGAL

CONSTE POR ESTE BILLETE QUE HAY DEPOSITADO EN  
EL BANCO CENTRAL DE EMISION DE LA

REPUBLICA DE PANAMA

1 Panamanian Balboa equals 1.00 US Dollar.

Gross National Income=10,700  
dollars/Panamanian balboa.

SERIE DE

*A. S. Fray*  
CONTADOR GENERAL

1

UN BALBOA

PAGADERO AL PORTADOR A SOLICITUD

A photograph of a banana plantation. The image shows several rows of banana trees with large, green, heart-shaped leaves. A dirt path or road runs through the center of the plantation. The background is slightly blurred, showing more trees and a bright sky. The text is overlaid on the left side of the image in a yellow, handwritten-style font.

Major exports—Gold, Bananas, Shrimp,  
Sugar, and iron.

Major Imports—Fuel, products, Medicine,  
Vehicles, and steel.

# Major dish.

**Empanadas**—In a medium-sized skillet, heat the olive oil over high heat. Add the beef, chorizo, onion, garlic, cumin, salt and pepper. Cook for 5 to 7 minutes, stirring constantly so that the ingredients are well blended. Add additional cumin, if desired, and cook for an additional 3 to 4 minutes. Set aside and let the filling cool.

Roll out the pie crust dough and cut out rounds using a 3-inch cutter. Put 1 tablespoon of filling on half of the round. Fold the other half of the round over and using a fork, press down on the edge of the dough making sure it is sealed all the way around. This forms the empanada. Whisk the egg in a small bowl. Brush the top of each empanada with the egg wash. Arrange the empanadas on a nonstick sheet pan and bake until golden brown, about 15 minutes. Transfer the empanadas to a serving platter and serve





# 5 Fun Facts About Panama.

Panama is the only place in the world where you can see the sun rise on the Pacific and set on the Atlantic.

- The canal generates fully one-third of Panama's entire economy.

In Panama, you can swim in the Atlantic Ocean and the Pacific Ocean in the same day.

- The oldest continually operating railroad is in Panama. It travels from Panama City to Colon and back.
- Panama City is the only capital city that has a rain forest within the city limits.

# Cite Page.

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Slide 6-[http://en.wikipedia.org/wiki/Panamanian\\_balboa](http://en.wikipedia.org/wiki/Panamanian_balboa)

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Slide 9-<http://www.barefootpanama.com/travel-resources/panama-facts-figures/>